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ISSUE 300 JULY / AUGUST 2016

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common ground

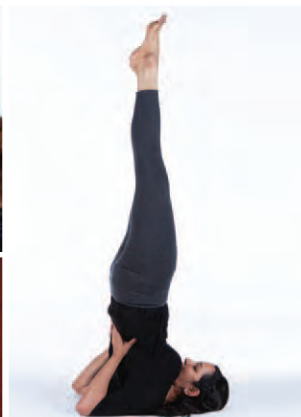
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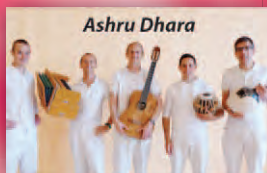
Common Ground was born out of the desire in 1982 to connect people with other people and to the goods, services and resources that were available in our community. The fact that it is still being published, continuing to inform as well as present different points of view, is a testament to its value and of its being of service to all. I am very proud to have been one of the three co-founders of this wonderful publication.

~ Alana Mascali

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 Design by Kris Kozak

Canada



chfa
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 La voix de l'industrie de la santé naturelle

The Land Conservancy
 BRITISH COLUMBIA'S NATIONAL TRUST

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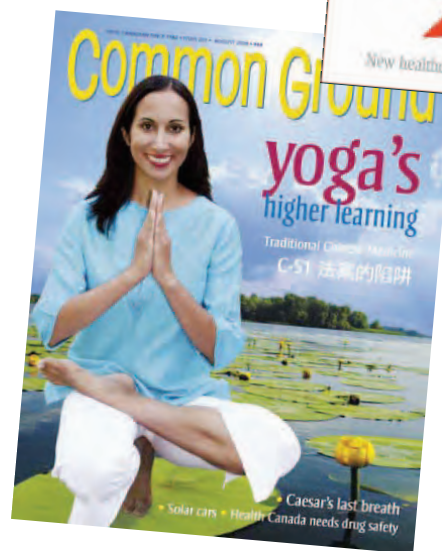
Featured on the cover is a photograph of a male Anna's Hummingbird (*Calypte anna*) taken by Michelle Lamberson in May 2010 on the UBC Vancouver campus. This tiny (~10 cm) bird has certainly found the right perch to show off its vivid colours on the tip of a dwarf mountain pine (*pinus mugo*). This photo was first made public on the cover of Nature Vancouver's new *The Birders Guide to Vancouver and the Lower Mainland* (2016, Harbour Publishing). According to the book's editor, Colin Clasen, the photo was chosen for three reasons. First, it has the desired "wow" factor to attract peoples' attention. Second, when the last edition of this book was published in 2001, this species was considered uncommon, but is now a year-round resident of metro Vancouver. And third, this bird can be easily attracted to backyard feeders and therefore can often be seen at close-range, even without binoculars. Michelle's photos of a variety of birds, particularly those in BC, can be seen on her Flickr Site: www.flickr.com/photos/vitrain/.

by Bruce Mason

Finding Common Ground

a journey of 300 editions

Words and pictures of a shared past, present and future,
from founders, friends and fellow travellers



To page through the first few issues of *Common Ground* magazine (beginning in winter, 1982) is to pry open a time capsule and be astonished and awakened by the contents. And to hold – first in your hands,

then in your mind, followed by your heart and soul – proof of not only how far we have come, but also a reminder of how far we still have to go. They are the first few footprints in an ongoing journey of a hopeful, engaged community – our community.

The first impressions from initial glances leap from the sepia-toned black and white copies. And we are awed by how much technological change has taken place, how much graphics have evolved and elbowed into the forefront of our consciousness and daily lives, and how sophisticated we and our tools and toys have become in just over 30 years.

Kolin Lymworth, founder of Banyen Books & Sound, recalls the early days when publisher Joseph Roberts was one of the first people to actually work in his store, in the early 70s – “Then a skinny, blonde long-hair with a compelling gleam in his eye – and considerable chops on the piano, by the way. At that time, many communities were growing resource-listing-connection

publications, serving awakening humanity in whatever ways they could, kind of like a local *Whole Earth Catalog*.”

Many of the problems and solutions are there in the first few editions, along with some of the same people, including therapists, psychologists and counsellors, spiritual practitioners, rape crisis centres, small businesses and services, the Kirpal Ashram School, UBC’s Centre for Continuing Education, Greenpeace, the Society Promoting Environmental Conservation, Western Wilderness Committee and the West Coast Environmental Law Association, the Canadian Centre for Nuclear Responsibility, Oxfam, alternative health centres, Coop Radio, Black Swan Records, the Bicycling Association of BC, astrologists, naturopaths, food co-ops, the Canadian

Health Food Association and Naam Restaurant.

Arran Stephens, co-founder of Nature’s Path, says, “*Common Ground* has been my home-grown, BC go-to resource magazine for all things good: preservation of nature and the environment, organic agriculture, social conscience and activism, pro-vegetarian, plant-based articles, questioning of the status quo, natural healing, herbalism, art, defence of endangered species, spiritual-

ity, yoga and religion.”

Ask publisher, Joseph Roberts, for his all-time favourite issue and he will answer, “The next publication, the one we’re working on. I’m a very active member of the community we serve and each month is a process that emerges from it, literally, organically. Every four-week period has been a unique, separate adventure in a 33-year journey. The magazine is free, completely independent and 100 percent Canadian, our gift to our community.”

Ask publisher, Joseph Roberts, for his all-time favourite issue and he will answer, “The next publication, the one we’re working on...

Back in 1982, Roberts and two others (Alana Mascali and Michael Bertrand) sensed a need for a quarterly, Vancouver-based, healing-arts-body-mind resource listing, based on a similar *Common Ground* in San Francisco. But Roberts had a vision for this *Common Ground*, a publication that was more than a continued p.7...



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Greg Kitch



Send in the Machines

This article is adapted from remarks delivered April 10 at the Ford Hall Forum in Boston.

I.F. Stone is one of America's most respected liberal journalists. For many years he published "I.F. Stone's Weekly", in Washington, D.C.

I.F. STONE

The clouds are gathering. Our planet has never been in greater peril. Time is running out for the human race.

From its first day in office, the Reagan Administration has been conditioning the American people for a world show-down. The Administration hasn't the slightest interest in arms control, in disarmament, or in peace. It has been itching for war from the beginning, inflaming ancient hatreds, fulminating about attacking Cuba, and waging a secret war in Central America behind the backs of Congress and in violation of the law.

... life-and-death decisions will be out of human hands.

But the most immediate danger is that unless we freeze the nuclear arms race very soon, both superpowers will lose control. After only one or two more technological steps, life-and-death decisions will be out of human hands. Constitutional guarantees will become meaningless, the President of the United States and the Soviet Politburo will be equally helpless, and basic judgments will be made by computers. It will be too late then to consult Congress, or to use the hotline between Washington and Moscow. And when it's over, there will be few survivors left to wonder whether it was a Canadian goose or a real ICBM heading one way or the other that set off the great conflagration.

When World War II ended, we were blessed with an impregnable position. The British used to boast that the English Channel was a moat that protected them from Continental rivalries and ambitions. But we had two huge moats — on one side the Pacific, on

the other, the Atlantic. We had peaceful, unarmed, unfortified borders with Canada and Mexico. Nobody could attack us.

How did we lose our impregnable position? We lost it because of the efforts of our own scientists and engineers working in our own laboratories. Our own technology, and our inability to control it, undermined American security and made it possible for someone to destroy our country in the span of a few hours. First we developed the atomic bomb, then the hydrogen bomb, then the ICBM to jump the oceans. And that made it possible, of course, for an enemy to jump the oceans too, carrying the bomb in the opposite direction.

When the Pershing II missiles are installed in Europe, and when the Russians respond by stationing their missile submarines off our Atlantic and Pacific shores, as they have threatened to do, it will take only eight or ten minutes (or less) for either superpower to destroy the other.

And now Ronald Reagan has opened up a whole new dimension of warfare in space. He says we will develop the "perfect" weapon. What the perfect weapon will do is end our ability to control our own destiny.

We're told that the time in which one of the new wonder weapons would do its work is 260 seconds — 40 seconds less than five minutes. When an ICBM is launched on one side of the Earth, the other side must detect the flash of light, locate the missile, track its speed, chart its vector, and let loose a beam to hit it before it gets very far — all in those 260 seconds. That means total dependence on the computer.

What if an oil refinery catches fire

continued... PAGE 35

...Finding from p.5

clearinghouse of information on the burgeoning alternatives to the status quo. “I felt strongly that we needed to take on tough issues, be someone in left field, making a noise, pointing out to people in the bleachers that something was happening and we needed to get to first base, a place for ideas to get out. And I decided to go it alone.”

Alongside information on health and wellness and personal growth were early articles on uranium mining, nukes, fish-farming, GMOs, pesticides, LNG and pipelines. The first issue featured the Vancouver skyline on the cover. The second, a gardener. And the third, a jaw-dropping shot of some of the 65,000 people congregated at Sunset Beach in support of Peace.

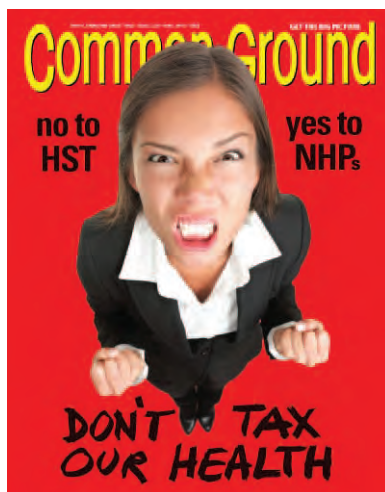


I felt strongly that we needed to take on tough issues, be someone in left field, making a noise, pointing out to people in the bleachers that something was happening and we needed to get to first base, a place for ideas to get out.

– Joseph Roberts,
Common Ground publisher

It also included articles such as famed liberal journalist I.F. Stone’s eerily prophetic, *Send in the Machines*, an excerpt from Jonathan Schell’s *The Fate of the Earth*, the seminal description of the consequences of nuclear war, a key document in the disarmament movement, a piece signalling *The Information Economy is Here* and a letter and eyewitness account by Bruce Cockburn from Central American refugee camps.

There is a wise adage in journalism: “Freedom of the press can only be guaranteed if you buy an ad, once in a while.” And advertiser Chris Shirley has done just that, many times in fact, with a listing for his Pacific Institute of Reflexology in all 300 editions of *Common Ground*. “I feel good about the magazine and support what it is doing. It’s unique and important, unlike other publications that have a seedy side, that I’m just not comfortable aligning with. *Common Ground* continues to raise our profile in the community we want to reach, through a local production that is widely distributed and read.”



nity and melded together in a global vision that raises consciousness and hope for human beings. Joseph is a local boy, actually a local treasure, and I admire him for continuing to tell it like it is.”

Long-time advertiser Lorraine Bennington (creativetransformations.ca) shares her story: “*Common Ground* has been around for almost as long as I have been in Vancouver, a newly minted Vancouverite fresh from Montreal in 1979. I first met Joseph Roberts long before *Common Ground* emerged, as he chose one after the other meaningful causes to support. CG became the forum for them all to coalesce into a larger voice, the voice of the alternative thought community.

We didn’t all see the world in the exact same way, but we all shared a “common ground” of wanting organic food and clothes, practising yoga, choosing to respect the earth, and holding a vision of a planet that would endure for our children and their children’s children. We needed a magazine to support a world without corporate greed takeovers of our lifestyle, our medicine and our choices.

I consciously continue to advertise in this magazine, not only because the people who read it share some of my core values, but also because I believe a magazine like this serves a vital part in the keeping and nurturing of sentient community. *Common Ground*, the Naam, Banyen Books, Amethyst Creations, Lifestream, Folk Fest – and all the original or slightly later arrivals of merchants, yogis, health oriented and creative merchants and other beings – birthed and expressed their consciousness on W. 4th Avenue. Then, as real

Advertisers also read each edition. “It’s amazing and relevant, presenting a valid point of view you don’t find at newsstands, or in commercial, mainstream media,” says Michael Pratt, owner of Celtic Traditions.

Vocal coach and teacher Lynn McGown – another long-time supporter – needs no prompting to sing praises of *Common Ground*. “It’s inclusive, a look at society through a prism of health, politics and justice that includes spirituality and touches much more, rooted in commu-



estate prices became more and more unmanageable, some headed east, first to Main and then to the Drive and beyond.

A community needs a voice, and *Common Ground* has served and continues to serve that significant purpose, and I am glad to be part of that community/family.”

Elizabeth Murphy, a private sector project manager, formerly a property development officer for the Vancouver’s Housing & Properties Department and BC Housing, says, “*Common Ground* has been the consistent voice of integrity for truth, justice and real democracy. Every month, I have always looked forward to reading it for the issues that matter, with confidence in their open content. And over the last few years, it has been an honour to contribute.”

She adds, “The 300th edition of Joseph Roberts’ *Common Ground* magazine is a milestone to celebrate. I say thank you for

working to make the world a better place and best wishes for another 300 editions.”

Lymworth writes, “Having carried every issue of *Common Ground* over the decades, we at Banyen are proud to honour and appreciate Joseph and his magazine’s dedication to helping people connect; to fostering healthy ways

of living; to highlighting important social and environmental issues. He truly cares about a kinder, gentler, wiser world and continues to offer resources and connections that help that to happen more fully and more enduringly. Long may the good light shine. Congratulations!”

Stephens concludes, “I have great admiration for Joseph, my old friend, who has faithfully churned out 300 (!!!) *Common Ground* issues over the decades. Bravo! Looking forward to continuing the good so that we can all find *Common Ground* for peace, unity and love.”



Common Ground has been my home-grown, BC go-to resource magazine for all things good.

– Arran Stephens,
co-founder of Nature’s Path.

Common Ground writers join the conversation

Common Ground magazine and I have been friends for 34 years! I was present at its 1982 birth and launch party in a Vancouver back yard. I like long-term friendships and this has been a good one. The articles throughout the magazine are lively and thought provoking. *Common Ground* has long been a leader regarding environmental concerns and health and human rights issues. I have appreciated the opportunity to write on a vast range of topics related to plant-based nutrition and have welcomed the tremendous interest in this topic on the part of readers.

– **Vesanto Melina, registered dietitian and author of CG's Nutrispeak column.** www.nutrispeak.com and www.becomingvegan.ca

Congratulations on the 300th edition! People often say to me, “The pharma world you write about is so important so why do you write for Common Ground?” And my answer is always the same: “Because I can say things here that are too uncomfortable for other media outlets.” *Common Ground* for me is richer turf, it's an alternative voice to the droning prattle of the mainstream media that often supports and celebrates some of the worst aspects of medicine. I use my column to dredge up some important, but unreported, nuggets about the pharmaceutical-industrial complex – a topic that I think touches us all. To me, this is a milestone worth celebrating – *Common Ground's* 300th edition – and a timely reminder that the public conversations on a whole range of topics that deeply affect our lives are richer – and more diverse – because of this fine magazine. Keep up the good work, Joseph!

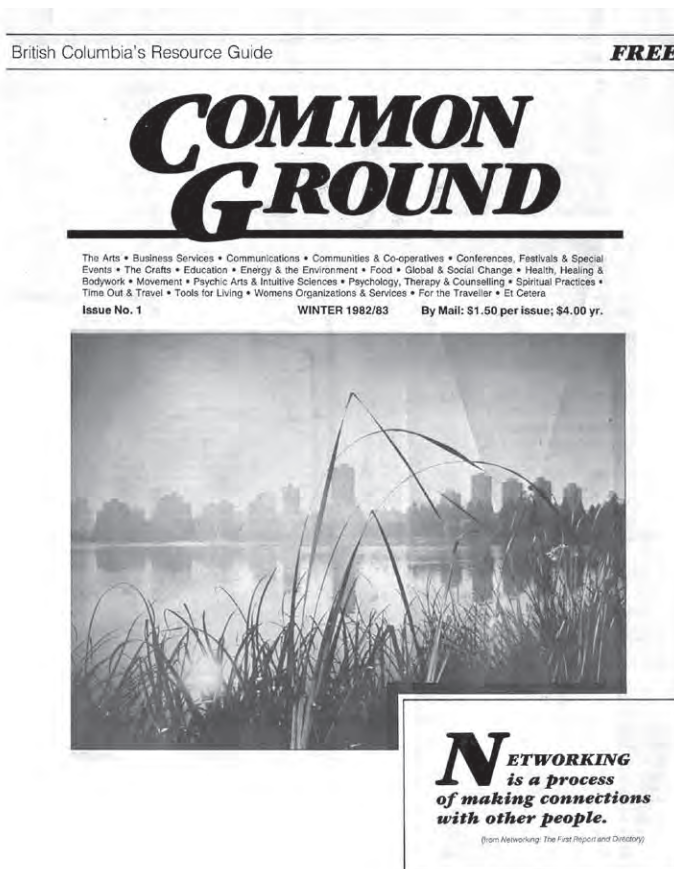
– **Alan Cassels, author of CG's Drug Bust column and a drug policy researcher in Victoria. His new book is called The Cochrane Collaboration: Medicine's Best Kept Secret.**

I grew up in the same neighbourhood as Joseph Roberts – suburban Harbour Chines in Coquitlam. Later, we lived next to each other across from Kits Beach, sharing news from our back porches about small victories, mine in media, his at *Common Ground*. I, too, had attended SFU in the early, heady days, naively thinking that humanity would make real progress in fits and starts, if more people lived and worked for peace and justice. “Things will get better, they have to,” I thought. They haven't and very well may not. Humanity is at a crossroads. Like you, I hope and work for a better world than we have right here, right now. Contributing to *Common Ground* is my way of trying to be of some use. Blessings on your unfinished business.

– **Bruce Mason, CG features writer and columnist (ReadIt!, Music Rising) and author of Our Clinic.**

“Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds.” For the past 300 issues, *Common Ground* magazine

has served as a potent fertilizer to feed those seeds to become flowers. When I arrived on Vancouver Island, my eyes were opened by publications such as *Common Ground* so it was a pleasure to return this service to others as a contributing writer many years later. Thank you for enlightenment on so many timely issues and



Common Ground Issue #1

subjects that enhance our well being, as we grope our way to a more sustainable future in all aspects of our lives.

– **Carolyn Herriot, former CG columnist (On the Garden Path).** www.incredibles.vision

Probably the biggest reason I write for Common Ground is that from cover to cover, in every article, in every issue, the direction is towards the betterment and upliftment of mankind. There's no smut or filth, no racism and no misogynistic or gender bias. Publisher Joseph Roberts has worked and toiled tirelessly. He has never faltered or wavered in his steps to bring the truth and shed light on every concern that has come to his awareness regarding the treatment of our Mother Earth and her inhabitants. Joseph, his staff and contributors should be lauded and awarded for their herculean effort to make our planet a peaceful and wholesome environment.

– **Mac McLaughlin, author of CG's Star Wise column.** www.macsstars.com

Vancouver has an amazing city culture, which, for the most part, is thoughtful, kind, considerate, sensitive and intelligent. A culture like this does not arise out of thin air. For the past 33 years, the soil of Vancouver's culture has been enriched by the writers and artists who have shared their thoughts, visions and inspirations in *Common Ground* magazine, supported by the magazine's editors. I was proud to be one such writer. Vancouver needs more *Common Ground* if we are to win the rapidly developing global struggle between neo-liberal plutocracy and social democracy, and between those who see nature as a resource to exploit and those who see it as a being to respect. May your pages continue to inspire us for many years to come! Best wishes.

– **Guy Dauncey, former CG Earthfuture columnist and author of Journey to the Future: A Better World is Possible.** www.journeytothefuture.ca

To me, Common Ground magazine is about intelligence, integrity, truth, humanism and humanitarianism. My mission is to support and encourage evolving consciousness. It is an honour to be a part of this publication and connect with readers who share that desire to grow in consciousness. We owe a huge debt of gratitude to Joseph Roberts for starting this magazine and keeping it going through good times and bad. He is a true visionary who has created a space for enlightened ideas that have impacted the lives of so many readers over decades. I congratulate Joseph, his staff and all of you who have picked up a copy of *Common Ground* and then became faithful readers. It is you who inspire all of us to keep doing what we do.

– **Gwen Randall Young, registered psychologist and author of CG's Universe Within column.** www.gwen.ca

Common Ground is celebrating its 300th edition. Impressive! That a relatively small, independent monthly can still be kicking while everywhere print media is shrinking is a testament to the tenacity of its publisher and small, committed team. After initially doing editing work for *Common Ground* and building the magazine's former website, I was fortunate enough to write a monthly movie column. I ended up doing it for over a decade. The column evolved over the years, but I really enjoyed having the freedom to explore a range of documentaries and films that shed new light on the world around us, often challenging accepted norms – whether it be about ecology, the arts or justice. *Common Ground* has covered so many issues over the years that it was an easy place to find a home for such a column.

– **Robert Alstead, former CG Films Worth Watching columnist and producer and director of the documentaries, Running on Climate and You Never Bike Alone.** www.icycle.ca

WORLD'S CHURCHES MEET IN VANCOUVER

An international event on a scale with the Habitat Conference of 1976 is happening this summer in Vancouver.

Once in every seven years, the World Council of Churches meets. This year the 930 delegates (with some 2,000 official observers, visitors and staff) from 304 churches in 90 countries will convene at the University of B.C. campus from July 24 to August 10.

This Sixth Assembly (the first was in 1948, the last in 1976 in Nairobi) "will be the most representative gathering of global Christians in history," according to a W.C.C. press release.

Canadian delegates come from the Anglican, Lutheran, Greek Orthodox, Presbyterian, United, and Disciples of Christ churches, and the Society of Friends (Quaker). Many of the evangelical churches in the developing world will be represented. Roman Catholic participation includes official observer status, and membership on some committees. And their will be observers, too, from such major world faiths as Sikh, Buddhist, Hindu, Moslem and Judaism.

In addition, as illustrated in the Sixth Assembly's Haida rendition of the



traditional Christian boat on the world's troubled waters symbol, Native spirituality constitutes an important part. A specially constructed Arbour on the campus will have a ceremonial fire burning throughout the Assembly. And a totem pole is being carved, to be raised first here, and then sent to the W.C.C. headquarters in Geneva.

The public can attend morning worship in a huge tent, go to the three public forums, including one on August 4th with Coretta Scott King (Martin Luther King's widow) speaking on *Peace and Disarmament — An American Perspective*; and attend extra sessional lectures, panels, and music.

The Project Ploughshares Peace and Justice Coffee House (see listing on page 10) will offer much of the public focus, with speakers such as Nobel Peace Prize winner Adolfo Perez Esquivel; Dr. Helen Caldicott of Physicians for Social Responsibility; and an ongoing meeting place in both the Grad. Student Centre and International House.

There will also be an "Agora" marketplace, a Women's centre called the Well, and a public procession and all night vigil on Hiroshima Day, August 5th.

The numbers, the hundreds of events, the illustrious guests (the Archbishop of Canterbury will perform the ecumenical Lima Liturgy) — its quite overwhelming. But the real wonder is that these often disparate and disagreeing churches can decide to meet at all. Its not an easy exercise for them.

"The Assembly won't soothe all the fears that the World Council evokes; all the tensions it creates won't be eased; in fact the turbulence might be increased when the delegates, many of whom will be attending their first international ecumenical gathering, come to realize what a threatening force the ecumenical movement poses to denominational security, spiritual tranquility and theological oversimplification."

Rev. Dr. Philip Potter,
General Secretary,
World Council of Churches

The W.C.C. raises these fears not only because of the challenge of unity itself, but because it involves itself directly in the problems and crisis of the so-called third world. Eighty percent of the Council's \$100 million budget goes to the W.C.C. Commission on Inter-Church Aid, Refugee and World Service, active in "expressing their (the churches') concern for the service of human need and promotion of justice and peace."

And not only does the outreach work to the needy provoke cries of interference, but the idea of all these different expressions of faith coming together is blasphemous to some. W.C.C. press contact Rod Booth cites two recent disparaging media reports, on TV's *Sixty Minutes*, and in the *Reader's Digest*, which he feels were promoted by the right wing "moral majority's" Institute of Religion and Democracy.

"Those whose mind-set is One Answer do not feel comfortable in the World Council of Churches," Booth says. The Jerry Falwell's of the world stay away.

But Billy Graham wanted to come, and may yet, though he has another pressing commitment. The great attraction of dialoguing on faith and the interface of religion with the world is hard to ignore.

"... (The Churches are) expressing their concern for the service of human need and promotion of justice and peace."

The Assembly theme is "Jesus Christ — The Life of the World", with the emphasis on life. Four main areas of exploration for the delegates are on *Life as a Gift of God*, *Life*



Fate of the Earth?

The following article is the last two paragraphs from Jonathan Schell's *The Fate of the Earth*. No other work so forcefully presents the state we are in because of nuclear arms — and offers such a challenge to awake and act.

At present, most of us do nothing. We look away. We remain calm. We are silent. We take refuge in the hope that the holocaust won't happen, and turn back to our individual concerns. We deny the truth that is all around us. Indifferent to the future of our kind, we grow indifferent to one another. We drift apart. We grow cold. We drowse our way toward the end of the world. But if once we shook off our lethargy and fatigue and began to act, the climate would change. Just as inertia produces despair — a despair often so deep that it does even know itself as despair — arousal and action would give us access to hope, and life would start to mend: not just life in its entirety but daily life, every individual life. At that point, we would begin to withdraw from our role as both the victims and the perpetrators of mass murder. We would no longer be the destroyers of mankind, but rather, the gateway through which the future generations would enter the world. Then the passion and will that we need to save ourselves would flood into our lives. Then the walls of indifference, inertia, and coldness that now isolate each of us from others, and all of us from the past and future generations, would melt, like snow in spring. E.M. Forster told us, "Only connect!" Let us connect. Auden told us, "We must love one another or die." Let us love one another — in the present and across the divides of death and birth. Christ said, "I come not to judge the world but to save the world." Let us, also, not judge the world but save the world. By restoring our severed links with life, we will restore our own lives. Instead of stopping the

in the *Midst of Death*, *Life in Fullness*, and *Life in Unity*. Existence is sacred, and the responsibility of all humanity, especially those devoted to spirit, is to honor it.

Additional information available through the Vancouver Planning Committee. Room 185, 6050 Chancellor Blvd., V6T 1X3. 224-7513.

course of time and cutting off the human future, we would make it possible for the future generations to be born. Their inestimable gift to us, passed back from the future into the present, would be the wholeness and meaning of life.

Two paths lie before us. One leads to death, the other to life. If we choose the first path — if we numbly refuse to acknowledge the nearness of extinction, all the while increasing our preparations to bring it about — then we in effect become the allies of death, and in everything we do, our attachment to life will weaken: our vision, blinded to the abyss that has opened at our feet, will dim and grow confused; our will, discouraged by the thought of trying to build on such a precarious foundation anything that is meant to last, will slacken; and we will sink into stupefaction, as though we were gradually weaning ourselves from life in preparation for the end. On the other hand, if we reject our doom, and bend our efforts toward survival — if we arouse ourselves to the peril and act to

Christ said, "I come not to judge the world but to save the world."

forestall it, making ourselves the allies of life — then the anesthetic fog will lift: our vision, no longer straining not to see the obvious, will sharpen; our will, finding secure ground to build on, will be restored; and we will take full and clear possession of life again. One day — and it is hard to believe that it will not be soon — we will make our choice. Either we will sink into the final coma and end it all or, as I trust and believe, we will awaken to the truth of our peril, a truth as great as life itself, and, like a person who has swallowed a lethal poison but shakes off his stupor at the last moment and vomits the poison up, we will break through the layers of our denials, put aside our fainthearted excuses, and rise up to cleanse the earth of nuclear weapons.

The Fate of the Earth is published in Avon paperback, for \$2.95, available at most bookstores or through Common Ground.

Greg McIntyre



Doctors need to “Show More Spine”

The growing backlash against medical guidelines

The disease-creation machine continues to creep forward, threatening to consume even more of us healthy people. Consider these recent news items:

— Americans, we are told, are facing an epidemic of heart disease. New cholesterol guidelines suggest that virtually the entire elderly population of Americans are “at risk” of having a heart attack and hence even more of them should consider taking cholesterol-lowering statins.

— Norwegians, among the healthiest people in the world, are also, apparently, facing an epidemic of cardiovascular disease. A recent European guideline suggested most Norwegians over 25 would be defined as ‘high risk’ of cardiovascular disease. If Norway were to take this guideline seriously, it would drain the country’s entire primary health care budget.

— Americans, the experts tell us, are suffering an epidemic of osteoporosis. A new US osteoporosis guideline says that 72% of women over 65 are considered ‘diseased’ – a number which rises to 93% for those over 75 years old – and hence in need of drug therapy.

What is going on here?

Clearly, the only real ‘epidemic’ is the growing phenomenon where risks for disease are being turned into diseases, in and of themselves. In this racket, ‘high’ blood pressure, elevated cholesterol, low bone density, fluctuating blood sugars, high eyeball pressure and low testosterone, among other things, become worrying signs of chronic, lifelong conditions that demand attention and medication. As I’ve said in the past, “If you want to know why pharma is increasingly targeting healthy people with ‘preventive medicine,’ it’s because that’s where the money is.”

One thing all these risks-as-disease models have in common is they are shaped and supported by clinical practice guidelines. In these guidelines, doctors are told to measure their patients’ parameters. If your measurements are outside some preset levels deemed ‘high risk’

by the expert guidelines, you know what that means: more frequent trips to the pharmacy. The main downside of guidelines is they slap labels on people who aren’t sick and instill in physicians the constant idea their healthy patients are really disease-ridden.

But this is a good news story and if you haven’t sensed it, there’s a rising backlash against medical guidelines, mostly led by doctors, researchers and even some patients outraged at what they see going on. These rebels have a right to be angry because the guideline-writing process is highly flawed and biased, created mostly by experts who see particular body parts in isolation – as if you were nothing but a hip, a liver or a pancreas. The guidelines are foisted on our

As I’ve said in the past, “If you want to know why pharma is increasingly targeting healthy people with ‘preventive medicine,’ it’s because that’s where the money is.”

doctors and treated as inviolable even though they are frequently corrupted by conflicts of interest so deep it’s no surprise they are at the heart of pharma’s marketing apparatus. Seems to me the only ones who like guidelines are the drug companies that fund them and the experts that participate in writing them.

Certainly, our family doctors have many types of illnesses to deal with and staying on top of changes in recommended treatments is difficult. Some guidance is clearly valuable if it helps inform doctors on new and better ways to treat people, but if we allow guidelines to widen disease definitions and dictate what patients must do to avoid potential future illnesses, we are in big trouble.

A colleague of mine at UBC, James McCormack, has a good eye for when disease definitions are being widened, and he tells me many guidelines are not a useful synopsis of the best available evidence. He says they rarely consider the most important thing: the preferences of the patient. I’ve often heard him ranting about guidelines in lectures, yet he has recently taken his rants to the next level – creating a music video (Google: James McCormack and *The End of Guidelines*) – which will leave you with little doubt as to what he and many of his colleagues around the world think of the present state of guidelines.

James likes to say guidelines are “thresholds for treatment” when what they need to be are “thresholds for discussion.” In other words, if a guideline is suggesting treating a person for a certain set of risk factors, this should be a signal for the doctor and the patient to start discussing those risks and the likelihood medications could help (what they call “shared decision-making”).

If you are told you have ‘risk factors’ for a future bad thing like a broken bone or a heart attack, you need to understand the magnitude of the risks. If I have a two percent chance of having a heart attack in the next ten years, that’s a very different picture than if the doctor tells me I have a 30 percent chance. And such information is vital because once understanding the risk, the next important thing is that the doctor and patient need to know how much a ‘guideline-recommended’ drug is likely to reduce those risks or potentially harm you. And you can then decide if it’s worth trying the drug, paying for it, and possibly facing annoying side effects.

A big part of the problem with guidelines is they exploit ambiguous definitions of disease. In the osteoporosis world, there are myriad different ways “vertebral fractures” are defined. These tiny cracks in the spine that tend to occur – mostly as people age and typically aren’t even felt – can be discovered on x-ray. But once discovered, does that mean *continued p.30...*

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GMO BITES

On July 6, the U.S. Senate voted to pass a bill mandating labelling for genetically engineered (GE) foods, but the legislation has been denounced by critics as inadequate and riddled with loopholes.

Senate Bill 764 now moves to the House of Representatives for a debate and vote. If passed in the House and signed by President Obama, the bill would have the effect of preempting the nation's first state GE-labelling law: Vermont's Act 120, which took effect July 1.

The legislation would mandate labelling of GE foods, requiring the secretary of the U.S. Department of Agriculture to establish a disclosure standard within two years after passage of the bill. The bill is intended to be less burdensome than Act 120 and offer the food industry multiple options to make the required disclosures, including via "a text, symbol or electronic or digital link."

The Senate voted to approve the measure just days after Vermont's GE-labelling law took effect.

"The timing of this legislation is not an accident," Sen. Bernie Sanders (I-Vermont) said Wednesday during a press conference on Capitol Hill. "Its goal is to overturn and rescind the very significant legislation passed in the state of Vermont. I will do everything that I can to see that it's defeated."

Sanders was unsuccessful. The bill passed on July 6

GMO labelling Bill 764 full of loopholes

in the Senate by a vote of 63 to 30.

Critics of the legislation said it has no teeth because it fails to carry any penalties or mandatory recall authority for foods out of compliance with the disclosure requirements. What's more, Vermont Gov. Peter Shumlin said the option to make disclosures through an electronic device would fall "short for consumers" who don't have access to technology or the Internet to learn what is in their food.

Andrew Kimbrell, executive director of the nonprofit Center for Food Safety, described the legislation as "a non-labelling bill disguised as a labelling bill, a sham and a legislative embarrassment."

Andrew Kimbrell, executive director of the nonprofit Center for Food Safety, described the legislation as "a non-labelling bill disguised as a labelling bill, a sham and a legislative embarrassment. It is deeply disturbing that a majority in the Senate would support a bill that openly discriminates against America's low income, rural and elderly populations," he said in a statement

prior to the Senate vote. "This denies them their right to know simply because they are not able to afford or have access to smartphones. The bill itself is poorly drafted and would exempt many and perhaps most current genetically engineered foods from labelling."

Wenonah Hauter of the advocacy organization Food & Water Watch contended the legislation's definition of genetic engineering could exclude from the labelling requirements "some of the most pervasive GMO crops."

"This definition would exclude a wide variety of highly processed foods, from soybean oil to corn oil, corn syrup to sugar beets, and an array of other products that do not possess the actual genetic material after they have been processed," Sen. Patrick Leahy, a Democrat from Vermont, said.

A number of large food manufacturers have announced policies to label products containing GMOs, and not only in Vermont where it is required by law.

"GMO labels can already be found on packages of Snickers, M&Ms, Lay's Potato Chips, Cheetos, Doritos, Fritos and Smartfood Popcorn, among others," Hauter pointed out in her Food & Water Watch post. "But this bill would put an end to that." [K](#)

Source: www.naturalproductsinsider.com Excerpted from the post by Josh Long, July 8, 2016.

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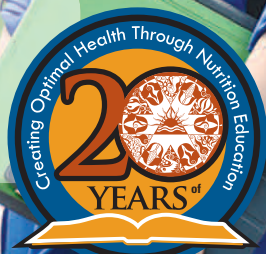
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Nutrispeak Vesanto Melina

HEALTH

It's the Year of Pulses

The UN's Food and Agriculture Organization (FAO) has named 2016 the International Year of Pulses. Pulses are edible seeds that grow in pods – peas, beans, lentils. They are also known as legumes.

Pulses are packed with nutrients, especially B vitamins (thiamine, riboflavin, niacin, B₆, and folate) and minerals (iron, magnesium, potassium, phosphorus, and zinc). Their high iron content is especially beneficial for women and children who might be at risk of anemia. They are a fantastic source of protein without the accompanying fat of animal products.

For people trying to control their weight, they can be a great way to keep blood sugar level while boosting protein intake. They have a low glycemic index due to excellent fibre content. Pulses are gluten-free and contain phytochemicals that are protective against cancer, diabetes and heart disease. One dietary feature of the longest-lived population groups in the world – Okinawa Japan, Sardinia, Italy and the Seventh-day Adventist vegetarians in Loma Linda California – is their regular consumption of pulses.

Pulses are important agriculturally as they are closely associated with nitrogen-fixing bacteria, and thus play a key role in crop rotation and soil enhancement. In Canada, they are a very important crop as we are the largest exporter of lentils in the world.

Cooked lentils, beans and peas can easily be pureed and stirred into soups, stews and even sauces. It's fine to use canned ones; nutrient content is retained. They not only add depth and flavour, but they also help thicken soups and stews to make them heartier and more nutrient-rich. If you are unaccustomed to eating pulses, start with smaller ones such as lentils – red, green, grey, French – in small amounts. Here are some very quick ways to boost your protein for the day:

- Heat up a bowl of green peas (fresh or frozen).
- Snack on fresh peas in the pod.
- Add a pea-based protein powder to your smoothie.
- Spread toast with peanut butter (peanuts are pulses).
- Grab a handful of peanuts.
- Serve tacos (see recipe).

Check out recipes at www.lentils.ca/recipes-cooking, www.pulsecanada.com/food-health/recipes and get gold medallist Ron Pickarski's *The Classical Vegetarian Cookbook*, www.eco-cuisine.com 

Vesanto Melina is a Vancouver dietitian. www.becomingvegan.ca, www.nutrispeak.com, 778-379-5377.

Timesaving tacos Makes 10 tacos; serves 3 to 5 people

This nutritious meal is almost instant. Just warm the shells and beans, chop the veggies and set out the colourful fillings in pretty bowls. If you prefer burritos, replace taco shells with soft tortillas. For mixed dietary choices, a meal of tacos is welcome as you can include non-vegan options such as grated cheddar. (Recipe from *Becoming Vegetarian* and from *Cooking Vegetarian*, Harper Collins)

10 taco shells	1 cup chopped tomato	1 cup grated non-dairy
1 can vegetarian	1 carrot, grated	cheese (such as Daiya
refried beans	1 ripe avocado, chopped	pepperjack)
2 cups shredded lettuce	1 cup salsa	

Put the refried beans in a small pan and warm through (or heat in bowl in microwave). If the beans are too thick, mix in a tablespoon of water. Warm taco shells in a 250° F oven for 1-2 minutes, or in a microwave. Put the shells and beans, along with lettuce, tomato, carrot, avocado, salsa and cheese in serving bowls. Leftover fillings can be refrigerated in covered dishes and used at another meal.



We can finally put an end to data caps

But will the CRTC listen?

“**Y**ou have used 100% of your monthly data allocation. Additional charges will apply.” There’s probably not an Internet user out there who hasn’t grimaced upon receiving a message like this from their telecom provider. Sadly, mean-spirited data caps, accompanied by extortionate overage fees, have long been one of the most reviled features of our broken telecom market.

But there’s good news: the Canadian Radio-television and Telecommunications Commission (CRTC) recently announced a public consultation that represents the best chance in decades to finally give Canadians relief from oppressive data caps.

The consultation was sparked by concerns that some large telecom providers are unfairly privileging certain apps and services over others – for example, by enabling a customer to use one streaming service without it counting against their data cap while charging steep data fees if that customer prefers to stream from an alternative service.

That’s why my organization, OpenMedia, recently published a report revealing just how raw a deal Canadians are getting on data caps, vis a vis our international counterparts. Our research found that none of the Big Three wireless providers – Bell, Rogers and Telus – offer an unlimited wireless plan. We also found that minimum home broadband data caps in Canada, which start at just 20GB, are eight times smaller than the minimum caps on offer from major providers in the US.

This is especially important when it comes to low-income Canadians, who are priced out of plans with higher caps. A family whose data cap is just 20GB, or even 50GB, a month, is effectively shut out from important parts of the Internet.

For example, watching a program on Netflix will use between one and three GB of data per hour of streaming. Therefore, in one month it would take only 45 minutes of

standard definition streaming per day for a family to exceed their 20GB data cap.

The consequences of this extend far beyond entertainment. Imagine your child not being able to access an educational video or documentary because it would breach your data cap. And all this against a backdrop where 40% of our lowest-income households cannot afford home Internet, period.

It’s also worth highlighting how telecom giants are using low caps as a way of artificially locking Canadians into expensive cable TV subscriptions. If your data cap is too low to enable you to watch what you want on the Internet, you may feel forced to buy cable TV just to watch your favourite shows, despite those same shows often being available for much cheaper online.

It’s clear that it’s time for action and Canadians agree. In the space of just seven days, over 15,000 people endorsed our open letter to the CRTC calling on them to put an end to all data caps on home broadband and to ensure every Canadian can access an unlimited wireless plan at an affordable price.

At a stroke, that would ensure that all Canadians, regardless of income level, can use the Internet in the way they see fit. Over recent years, the CRTC has shown itself increasingly willing to listen to telecom customers, rather than just to the telecom giants. So there’s every reason to believe this is a fight we can win, though we’ll need to work hard over the coming months to do so.

Stay updated at OpenMedia.org and follow us on Facebook at <https://facebook.com/OpenMediaOrg> and on Twitter at @OpenMediaOrg <https://twitter.com/openmediaorg>

David Christopher is communications manager for OpenMedia, which works to keep the Internet open, affordable and surveillance-free.

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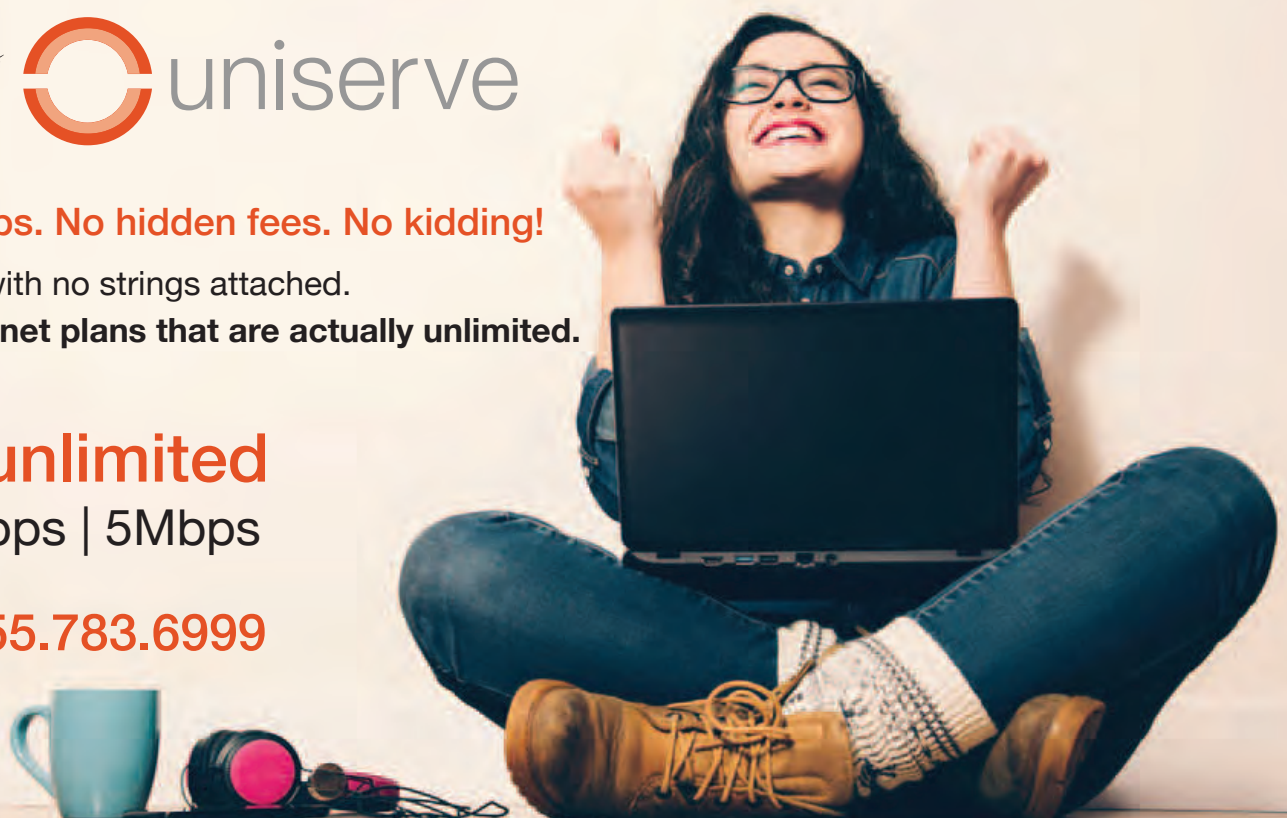
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THE PLANETARY deities are constantly dialoguing. Astrology is one part science and another part art. When a student truly learns the basic science of astrology, he/she sets off on the path of learning the art of interpretation. This journey can take decades of time and tons of experience to hone one's skills. The only way to accomplish this task is to dive right into the deep end of the cosmic pool. If the astrologer has done their homework and paid their dues through diligent study over the years, they can deliver seemingly magical and exceptionally helpful information and knowledge to their clients.

Each planet has its basic meaning and quality. This quality may be altered by the planet's association and aspects with other planets. As an example, Venus represents love and beauty, kindness, caring and all things of a refined nature. Now, if Venus has hard aspects from planets like Saturn, Mars or Pluto, that refinement will be marred or distorted in some way. It wouldn't be much of a stretch if the astrologer mentioned that marriage could be delayed, or divorce or abuse experienced when Venus is afflicted and the client wonders how the astrologer knew they had just been through a serious breakup. If a person has a very prominent Jupiter in their chart, it will be highly likely they will be considered very lucky, likeable, affable, funny, well educated, etc. A while ago, a lucky Jupiter type came in for her reading. Yes, she had just been through an amicable divorce in which she got to keep several houses and the Maserati! I don't think she has worked a day in her life and she is exceptionally fortunate. On another day, a person with a very afflicted Saturn can come through the door with a heavy, sad tale of woe, loss and sacrifice.

The horoscope is a cosmic road map that helps us see and confirm just what the stars decree. The astrologer's task is within helping people understand the script they wrote for themselves through the previous incarnations. Sometimes, we'll come across a Saturnian person that has a very excellent life of purity, peace and harmony. We may also come across a Jupiter type that is a total mess, with a life steeped in greed and excess. The stars incline and compel and we have 75% fate/karma and 25% freewill to forge our future and stabilize our present status. Shakespeare's, "The fault, dear Brutus, is not in our stars, but in ourselves, that we are underlings," says it nicely.

We're making a few changes here at CG, and the July and August columns are rolled into this one column. The December and January columns will be amalgamated as well. The dominant planetary feature in August is the conjunction of Mars and Saturn. They are both considered to be malefic planets and we may very well see some fiery dramas unfold throughout the month in the form of fires, accidents, terrorism and other forms of chaos, such as gang activity. Mars and Saturn will be in square aspect with Neptune, indicating disasters at sea or other concerns of a water-borne nature. It's unfortunate that the security forces here and in other countries place no value on astrology. A week before the 2010 Vancouver riot, I was telling people it was highly likely a riot would take place at that time.

Even an amateur astrologer would have seen the great potential for danger if presented with the birth chart of the man that killed all those dear souls in Orlando. Mars was moving very slowly – nearly stationary – and passing over the Sun in Omar Mateen's birth horoscope. Mars is the planet that rules war, violence, weapons, aggression and anger. And when moving slowly, a planet becomes very powerful for good or ill. Given one hundred birth charts with the identities hidden, an astrologer would probably have picked out his chart knowing the energy was red hot and that if he was a terrorist, he would be on the move and very active. Lives could have been saved and so much suffering avoided if our people in charge only had the wisdom to use the stars properly. Historically, it's a known fact astrologers were employed in helping their countries during times of war.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

In mythology, Aries the Ram had supernatural powers. You might be quite interested in developing your own supernatural qualities. You are a diamond in the rough and with a little bit of practice, you may do wonders. The past figures prominently now. While other signs struggle through August, you may sail through the month easily.



TAURUS Apr 20 - May 21

If we conducted a study of the top-notch chefs, Taurus would be at the top of the list. Family gatherings, picnics and parties are featured. Action and attraction and possible friction are strong probabilities this month. Mercury, Venus and Jupiter cast fine energy your way throughout August, making it a fine month indeed.



GEMINI May 22 - Jun 20

Honesty is the best policy. The pathway ahead could become distorted or confusing. It might be time to let go of things that are no longer worthy, wholesome or healthy. The reward for letting go is freedom, harmony and happiness. Home, land and real estate feature prominently throughout August. Family gatherings are featured.



CANCER Jun 21 - Jul 22

The New Moon on July 4 indicates a fresh start. You're in your solar high of the year. Don't be afraid to make changes because changes are in the wind and it is time to do so. Positive planetary energy is onboard, far outweighing any negative influences. Communications and health considerations are on the cosmic menu throughout August.



LEO Jul 23 - Aug 22

The pace picks up mid-month and your social calendar fills up as well. It's never easy for Leo to make changes, but now through August the stars are offering up a time in which you can make changes readily and easily. Mars and Saturn bring energy, courage and sustained effort throughout August.



VIRGO Aug 23 - Sep 22

Here's a heads up. Take the month of July and seriously contemplate what it is you would truly love to do. Then implement those plans in August and September. You might even have to readjust your goals along the way, but that's okay because you will be on your way towards attaining your overall target.



LIBRA Sep 23 - Oct 22

A fruitful time fast approaches. Now it's summertime and a time to play and enjoy the days. All of that changes in September as we take a more serious approach to life's tasks. August is the time to work behind the scenes working up your plan for the fall season. It may be a very good year, overall.



SCORPIO Oct 23 - Nov 21

Your ruling planet Mars stays in Scorpio until the end of the month. Use this energy to catapult yourself into the future. Move forward fearlessly. Rest assured that if you don't promote yourself, nobody else will do it for you. August is a time to seriously align with the people you truly resonate with in order to solidify your future.



SAGITTARIUS Nov 22 - Dec 21

You might find yourself delving into some pretty deep stuff as Saturn brings on some stark realities. Things get lighter in the second half of the month. Mars joins up with Saturn in August bringing a stronger sense of commitment and determination as you exert your willpower to battle the forces lined up against you.



CAPRICORN Dec 22 - Jan 19

Some things will go and some things will stay, but it is a time of letting go and growing in a new way. The Full Moon on July 19 illuminates the situation. You can gain a lot of yardage in August with Mercury, Venus and Jupiter casting good energy your way. Strike while the iron is hot.




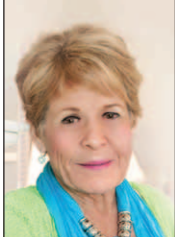
AQUARIUS Jan 20 - Feb 19

It's time for a tune up, physically and spiritually. You may feel you're running on empty and it would be wise to refuel and refurbish. Conflicting and contrasting energies dominate until the end of the month. Mysteries come up and secrets are exposed in the month of August. It's a time of research.



PISCES Feb 20 - Mar 20

You may be restless and desiring change. A career shift is likely. Interestingly, you could meet your significant other through your work. Someone that has a good light in them and understands what you're all about could be close now. A very active month unfolds throughout August. Read the fine print and listen carefully regarding business deals. 



Evolving beyond judgment

The more you know yourself, the less judgmental you become.

— Aniekee Tochukwu

The definition of the word “judgmental” is to be overly critical or too quick to criticize others. I notice how ubiquitous this tendency is in our culture. Judgments are usually stated as facts and one can easily see how erroneous the judgments others make are while being entirely unconscious of their own. “I’m not judging, I’m just stating the truth” is typical of how denial manifests in such situations.

The judgment is one thing, but assigning motives to others personally is a whole other level. To say, “There’s no such thing as climate change” is one thing. However, stating that scientists are making it up is another. Saying you do not like the Prime Minister is one thing. Calling him a spoiled brat is another.

Where does this need to denigrate those who don’t think like us come from? Badmouthing a colleague or gossiping about a neighbour is bullying, plain and simple. Does it go back to the immature ego of the child who thinks that when he says, “I am better than you” makes it true? Is it part of the biological impulse to survive and protect our territory?


When people reduce their communication to personal attacks, they are both blind to the damage they cause and to wisdom and integrity.

Do we not mature beyond playground politics and evolve beyond biological impulses? Sure, there are those who truly know no other way. I worked with a young couple where the wife was troubled by her husband’s rages and swearing over something like dropping a fork on the floor. He felt he should be allowed to vent his frustrations in this toxic way. The effect of his behaviours on others did not even enter his consciousness.

But what about those who know there is something wrong with their behaviour, but they do not change. I tell my clients if they would not want their comments or behaviours viewed on national television that night, they shouldn’t be talking or behaving that way.

Then there is the Donald Trump end of the continuum where he is not embarrassed or remorseful and he says whatever he wants on national television. Most otherwise functional adults who bully in the ways indicated above do not do so publicly because they would not want others to see them that way.

It would be wise for each of us to do an inventory and honestly assess our tendency to judge and criticize others and discern whether we attack others personally. Living from the place of “an eye for an eye” results in two blind people. When people reduce their communication to personal attacks, they are both blind to the damage they cause and to wisdom and integrity. When those go, we are functioning at a more primitive level.

When I was a child, I was taught the golden rule: “Do unto others as you would have them do unto you.” It is so simple yet so profound. We have advanced so much scientifically and technologically, but in truth, I do not see the advancement of the wisdom in these words in all the years since I first heard them. It seems to me that ever-increasing technology without a concurrent growth in wisdom is a dangerous thing. 

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, “Deep Powerful Change” hypnosis CDs and “Creating Effective Relationships” series, visit www.gwen.ca and “Like” Gwen on Facebook.

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Enhancing performance

Can you push harder, run faster, reach farther and dig deeper? Fuelling smartly before a workout with complex carbohydrates for sustained energy release can give you an edge to push yourself that extra bit.

Chia seeds are a great source of carbs and also deliver protein and omega-3 fats. Whole grains like brown rice are also packed with complex carbs for sustained energy release while being low in calories. Chickpeas are another surprising energy-rich food, packed with protein for an added boost.

Omega-3s are an often overlooked supplement that can help to enhance your performance. These are heart-healthy fats that not only protect our blood vessels, but their anti-inflammatory effects help to reduce muscle soreness after a workout, as well.

Finally, B-vitamins – including vitamin B3 and vitamin B6 – are key players in the production of ATP (adenosine triphosphate), which helps us contract our muscles and process carbs for energy. Making sure you're getting enough of these vitamins and minerals from foods or supplements is crucial, not just for your overall health, but also for optimal performance when you exercise.

Optimizing hydration

One of the drivers of athletic performance is maintaining the balance of fluid and electrolytes in our bodies. Body fluids are essential for removing waste and toxins, maintaining proper neural and muscle function, regulating body temperature, delivering fuel and taking the brunt of shock absorption while lubricating our joints.

Skip the energy drink and try coconut water or maple water, which are naturally rich in electrolytes. Electrolytes are



How effectively you repair and build muscle depends on the availability of protein in your body.

minerals, like sodium, chloride, magnesium and calcium, which keep neurons firing and muscles contracting.

Canadians are becoming more aware of the role nutrition plays in taking their exercise goals up a notch. Some are pushing for a new personal best time on a 10-kilometre run, while others want to add some lean muscle and lose a few centimetres around the belly; many are looking to boost their energy. [▶](#)

Source: Canadian Health Food Association, www.chfa.ca

Adding activity to your routine is a key contributor to health and happiness. With your summer workout routine in mind, we have a few tips to help you improve power, enhance performance and optimize hydration.

Boosting power

When looking to boost your power or strength at the gym, you want to stimulate new muscle growth through resistance and endurance training. How

effectively you repair and build muscle depends on the availability of protein in your body. Make sure your muscles have access to the protein they need by consuming protein-rich whole foods like lean meats, eggs and fish, vegetable sources such as beans, lentils and legumes, nuts and seeds, tofu, and grains like quinoa.

If you're looking to supplements for a convenient source of protein, whey and casein-based proteins from dairy sources are the most popular, but the

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Do you really need an antibiotic?

by Dr. W. Gifford-Jones

What would it be like living in a world without antibiotics, where a simple infection could kill you? It could happen, as increasing numbers of bacteria are resistant to antibiotics. But there are ways to bypass antibiotics so this frightening scenario doesn't occur. One herbal remedy, recently imported from Europe, can help to end the remark, "We know where you're going!"

The U.S. Centers for Disease Control reports 440,000 Americans are sickened every year due to eating or handling food contaminated with resistant bacteria. At least 2,000 of these people die from the infection. And over half of the antibiotics used are prescribed inappropriately.

In Canada, Public Health Authorities report that about 25 percent of *Salmonella* infections are resistant to antibiotics. It's shocking that some super bugs outlive nine different antibiotics.

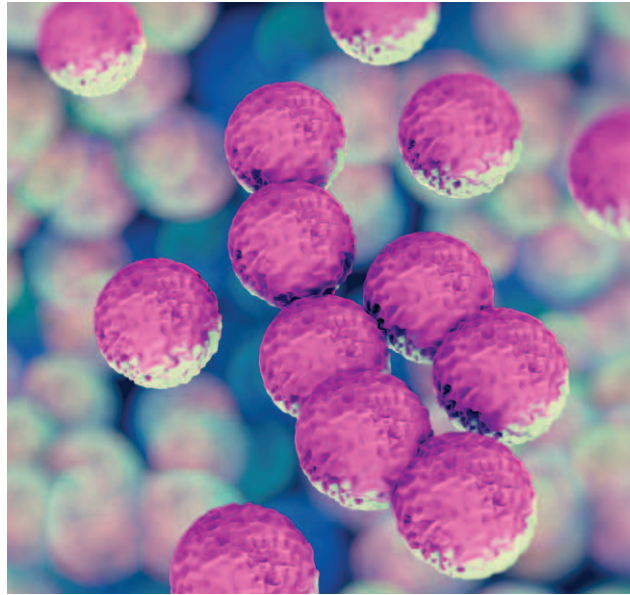
So what can doctors, and the rest of us, do to decrease antibiotic resistance? According to one study, 20 percent of people who received a prescription antibiotic asked



Unbelievably, Health Canada allows antibiotics used for serious infections in humans to be sold without a prescription for use in chickens, beef cattle and other animals. The more antibiotics consumed, the greater the risk that bacterial resistance will occur.

for it. It's often a foolish request for a cold, sore throat, sinusitis, bronchitis, ear infection and the flu, which are due to viral, not bacterial, infection. It's a waste of money because viral infections do not respond to antibiotics.

How many are aware that more than half the antibi-



Superbug bacteria

otics used by humans are also fed to animals? Unbelievably, Health Canada allows antibiotics used for serious infections in humans to be sold without a prescription for use in chickens, beef cattle and other animals. The more antibiotics consumed, the greater the risk that bacterial resistance will occur.

Fortunately, some food chains are now serving poultry never given antibiotics. But it's a hard sell to convince farmers to include cows and pigs. Why? Because they are more valuable, live longer and have to remain healthier longer.

Never forget that more frequent hand washing with soap and water could significantly decrease infectious disease and reduce the need for antibiotics. However, authorities agree that the use of bacteria-fighting hand cleansers make sense in hospitals, but not in homes.

Barbara Murray, former president of the Infectious Disease Society of America told a US House of Representatives Committee, "This summer I cared for two patients with diabetes and urinary tract infections (UTIs) due to a highly resistant strain of E Coli. Both had to be admitted to hospital for intravenous therapy because their infections were resistant to all oral antibiotics." She added, "Probably every woman by age 60 has had at least one UTI."

Studies show that every year 30 to 50 million North American women suffer from UTIs, often due to resis-

tant E coli bacteria. These result in repeated agonizing attacks. Now, a new natural herbal remedy, available in health food stores, called UTI E-Drops, can prevent and treat this infection. Like cranberries, they possess an anti-sticking factor that keeps E coli from adhering to the bladder wall. In addition, their antiseptic and antibacterial properties form a protective layer on the wall of the bladder to prevent further bacterial growth.

UTI E-Drops are highly absorbable, providing a low but effective dose. The usual oral dose is 40 drops added to a small amount of water three times a day. In addition, this remedy will eliminate the terror when infection causes blood in the urine.

Years ago, while studying at the Harvard Medical School, I arrived home one Christmas to find my father near death due to an undiagnosed ruptured appendix. Fortunately, penicillin, a new antibiotic, was smarter than bacteria.

It saved my father's life.

Fortunately, education decreases the use of antibiotics. Doctors being given an hour of instruction in the proper use of antibiotics has decreased their use in treating upper respiratory infections by 50 percent. And inappropriate use in treatment of sinus infections and pneumonia by a whopping 70 percent.

Shortly before I completed this column, I talked to a paraplegic patient who must use a catheter regularly to empty her bladder. This resulted in repeated infections in spite of five different antibiotics! She reported that use of UTI E- Drops resolved her dilemma.

Please let me know if this is helping others.



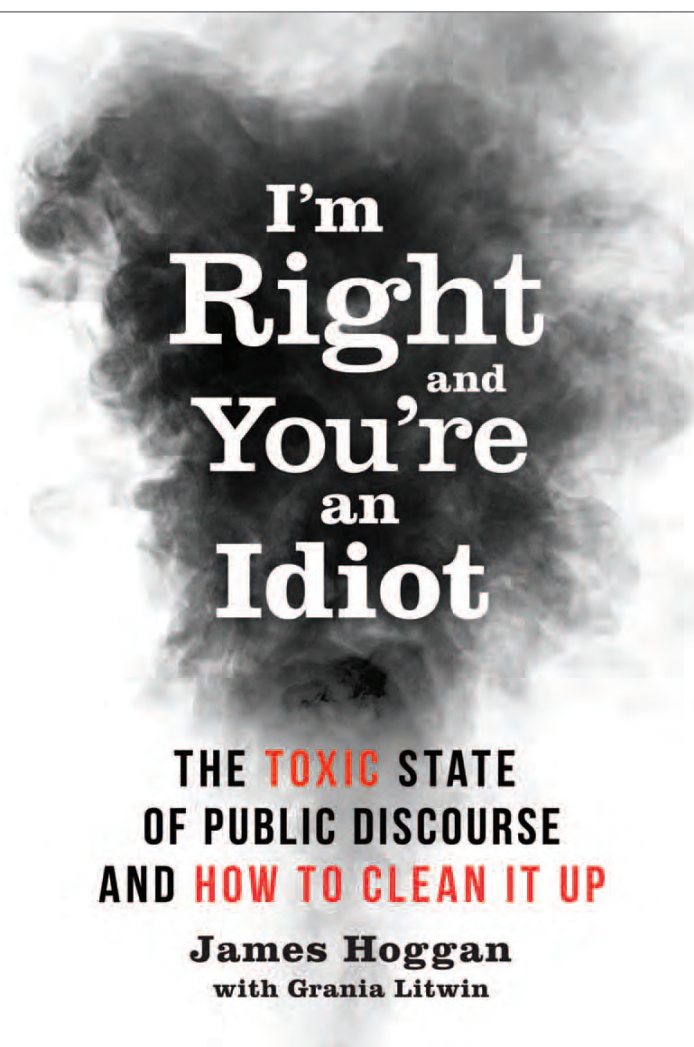
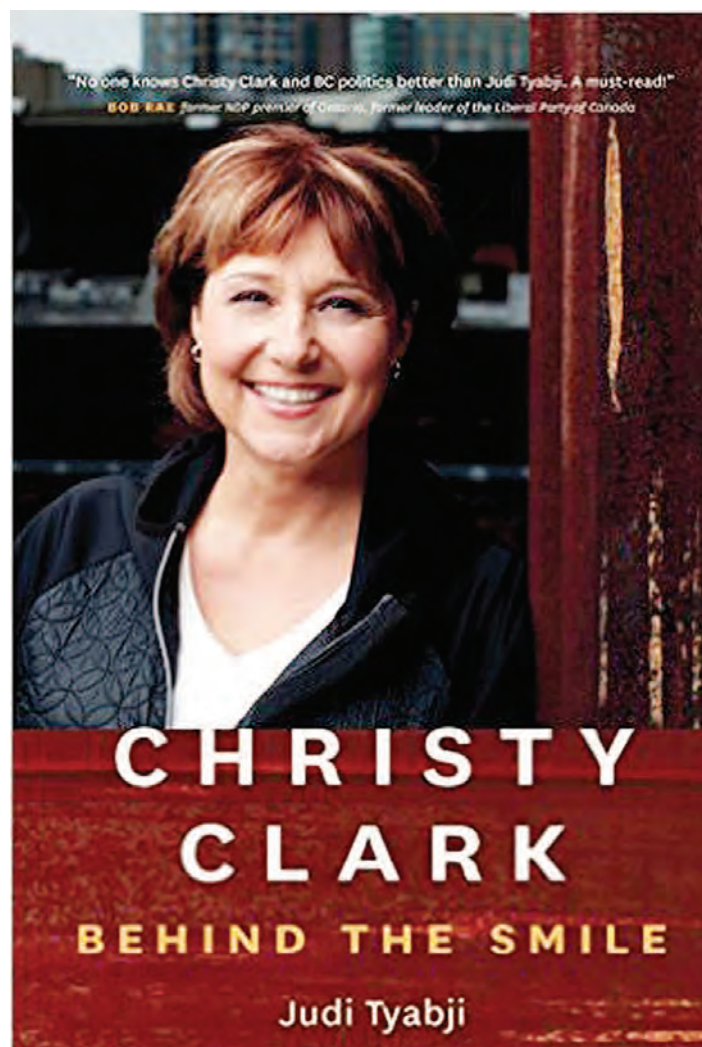
Dr. W. Gifford-Jones is a graduate of the University of Toronto and The Harvard Medical School. During his medical training, he has been a family doctor, hotel doctor and ship's surgeon. He is a Fellow of The Royal College of Surgeons and author of seven books. For comments, email Dr. Gifford-Jones at info@docgiff.com, www.docgiff.com

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A tale of two books



I've become even more concerned and alarmed by the crazy state of debate today in general – the toxic rhetoric that permeates virtually all important issues we face, whether it's vaccinations, refugee immigration, gun control or environmental degradation.

– James Hoggan

Just finished reading a couple of current, timely, best-selling BC books back to back – make that back and forth – that speak volumes about our worrisome future. They also cry out for comparison. The first book focuses on the life and times of our premier, the second, on the result of a five-year global mission to answer a question from David Suzuki, “Why aren’t people demanding action on environmental issues like climate change, despite the overwhelming evidence?”

They are respectively: Judi Tyabji’s *Christy Clark: Behind the Smile* and James Hoggan’s, *I’m Right and You’re an Idiot: The Toxic State of Public Discourse and How to Clean It Up*.

“Political insider” Tyabji’s “unauthorized, arms-length” biography is complete with dozens of pages of Clark family photos. It promises “an astute political portrait and a biting critique of the brutal partisan dialogue that often distorts our views of our leaders and their accomplishments.” Proves you can’t judge a book by its cover; the reviews have been, well,

biting and brutal. One critic best sums it up in one word: “sad.”

The author, a friend of Clark since “1984 or 1985,” first noticed “her laugh, her curviness and her hair. She reminded me of a sexy version of Peppermint Patty from the Charlie Brown cartoons because she was at home with the boys, had a husky voice and a wry sense of humour.” Make that, *Peanuts* cartoons.

The interviews – and Tyabji claims to have conducted 30 or 40 – include Clark’s best friend from elementary school, who informs us that Christy had a Holly Hobbie lunch kit, a fierce competitive streak and “bubbly personality.” In “grade three, or four,” the future premier was “Leader of the Pack,” in a dance routine of the Shangri-Las’ hit record. The book reads like the Sister Sledge hit *We are Family*.

For personal history, there’s Clark’s older brother Bruce. Tyabji’s husband, Gordon Wilson, fills in some blanks. Glossed over is the fact the couple was facing foreclosure until Clark gave Gordon a fat contract as an “LNG-Buy BC” advocate. On Christy’s obses-

sive, fracked methane gas fantasies, there is, of course, LNG mouthpiece, Jas Johal. The all-important environmental file is virtually unopened. Ongoing scandals? Sssh.

Just as the reader begins to think this “in-depth biography” strays no further than numbers on the author’s cell, one discovers a bizarre, nine-page diatribe entitled *Barbie Goes to Victoria* in the chapter *The XX Factor*. The writer, one Pamela Cramond-Malkinson, describes the piece as a “largely academic analysis of why women in politics, particularly attractive ones, often get terribly and viciously excoriated by men and women alike.” Post-publication, she has taken to categorizing devastating criticism as the work of “trolls demented with anger against anything that is not their political belief system.”

Tyabji has reacted to all the thumbs-down with, “If me coming out with a book... if that makes me a target, that’s not about me. That’s about the people targeting me.” However, she does provide one insight in her 370 pages of fluff in a chapter entitled *Young Liberals and*

True Believers. Christy is, above all, a “true, true believer.” In what? “Targeted government spending... tax policy that encourages economic growth or business investment, scientific work tied to economic development... and fiscal responsibility, including balanced budgets.” In short, neo-liberalism, now universally regarded as the main source of humanity’s do-or-die crises.

As for “balanced budgets” – for which Clark is applauded by one-handed right wingers – former CKNW talk show host and elected official, Rafe Mair, recently observed and proved, “The fact is we are in terrible financial shape and the government is lying through its teeth.” He points out the province’s financial obligations increased \$72 billion in the past six years, more than the provincial debt in BC’s first 135.

James Hoggan is, among other things, chair of the David Suzuki Foundation and co-founder of the influential, ground and truth breaking website DeSmog-Blog. He is also the author of *Climate Cover-Up: The Crusade to Deny Global Warming* and *Do the Right Thing*. In addition, he led the Green Energy Advisory Task Force on Community Relations and First Nations Partnerships.

Common Ground asked him about our most divisive, polarizing premier and her oft-quoted phrases, such as “Forces of No,” “problematic,” and “a bit troubling and disturbing.”

Hoggan, who chooses his words carefully, replied, “I’m perplexed and frustrated by the spin doctoring swirling around the global warming issue, making it easy for people to refute the reality of what’s going on and ignore this critical collective problem. But I’ve become even more concerned and alarmed by the crazy state of debate today in general – the toxic rhetoric that permeates virtually all important issues we face, whether it’s vaccinations, refugee immigration, gun control or environmental degradation.

The fact is we are in terrible financial shape and the government is lying through its teeth. – Rafe Mair

“I decided to take a deep look at our resistance to change, the human relations and ingrained psychology causing it and the gridlock, inaction and despair that result. Sometimes, it’s intentional, sometimes it’s inadvertent, but the troublesome fact is this toxic mix is coming from all sides and stifling discussion and critical debate.

“I began to explore how these tendencies arise, what spurs us to become close-minded, aggressively vitriolic and most importantly, what we can do about it. I also began to analyze how we can become highly effective communicators, deflect over-the-top advocacy and make our arguments more convincing.”

He describes his research and writing the book as a “fascinating journey,” especially the discovery of keenness for this discussion, which enabled him to share collective wisdom. In 60+ interviews with everyone from a NASA scientist to a deep-sea oceanographer, from cognitive researchers to authorities on systems thinking, he sat down with an expert in the House of Lords lunchroom, spent a week with Zen Buddhist monk, Thich Nhat Hanh, and travelled to the Himalayas to speak with the Dalai Lama. Insights from political pundits, philosophers, moral psychologists, brain scientists, scholars, media gurus and corporate analysts are all included.

I urge you to read this book and study the 10-page *Epilogue: Lessons Learned*. The phrase that echoes throughout is Thich Nhat Hanh’s “Speak the truth, but not to punish.”

I asked Hoggan if he found any hope. He said, “Some people think I’m saying activists should do less. On the contrary, I believe we have a responsibility to do more. People can face reality, change, and there is hope in the fact that we can, and are, getting better at it.”

Common Ground has sent a copy of *I’m Right and You’re an Idiot: The Toxic State of Public Discourse and How to Clean It Up* to the premier’s office. ◀

Bruce Mason is a Vancouver and Gabriola-Island based banjo player, gardener, writer and author of *Our Clinic*.

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Housing Affordability Rush to Zone

by Elizabeth Murphy

The Vancouver housing affordability crisis is being addressed by a rush to zone, on the false premise that unaffordability is being caused by a lack of zoning supply. This is like the former Bush administration's rush to war with Iraq, based on false information about Iraq's "weapons of mass destruction." Vancouver's rushed actions, based on false information, are causing enormous damage to our city.

Rampant rezoning to add zoned capacity is driving speculative land inflation, which is further exacerbated by unregulated foreign capital flows. The fact there already is ample zoned capacity to meet future growth must be considered before going further down this road.

Governments are reluctant to address the real causes of unaffordability, such as foreign capital flowing into real estate and selling citizenship through Quebec's foreign investor program, whose investors land in Vancouver. These are disconnecting residential prices from the local economy. Instead, the government points to simple supply and demand economics, despite the fact that is no longer working. Those industries that promote this status quo are primary contributors to campaign funding that elected parties rely on. Increasing zoning to allow more housing supply will not make prices drop, especially not when the demand side is coming from outside of our local economy.

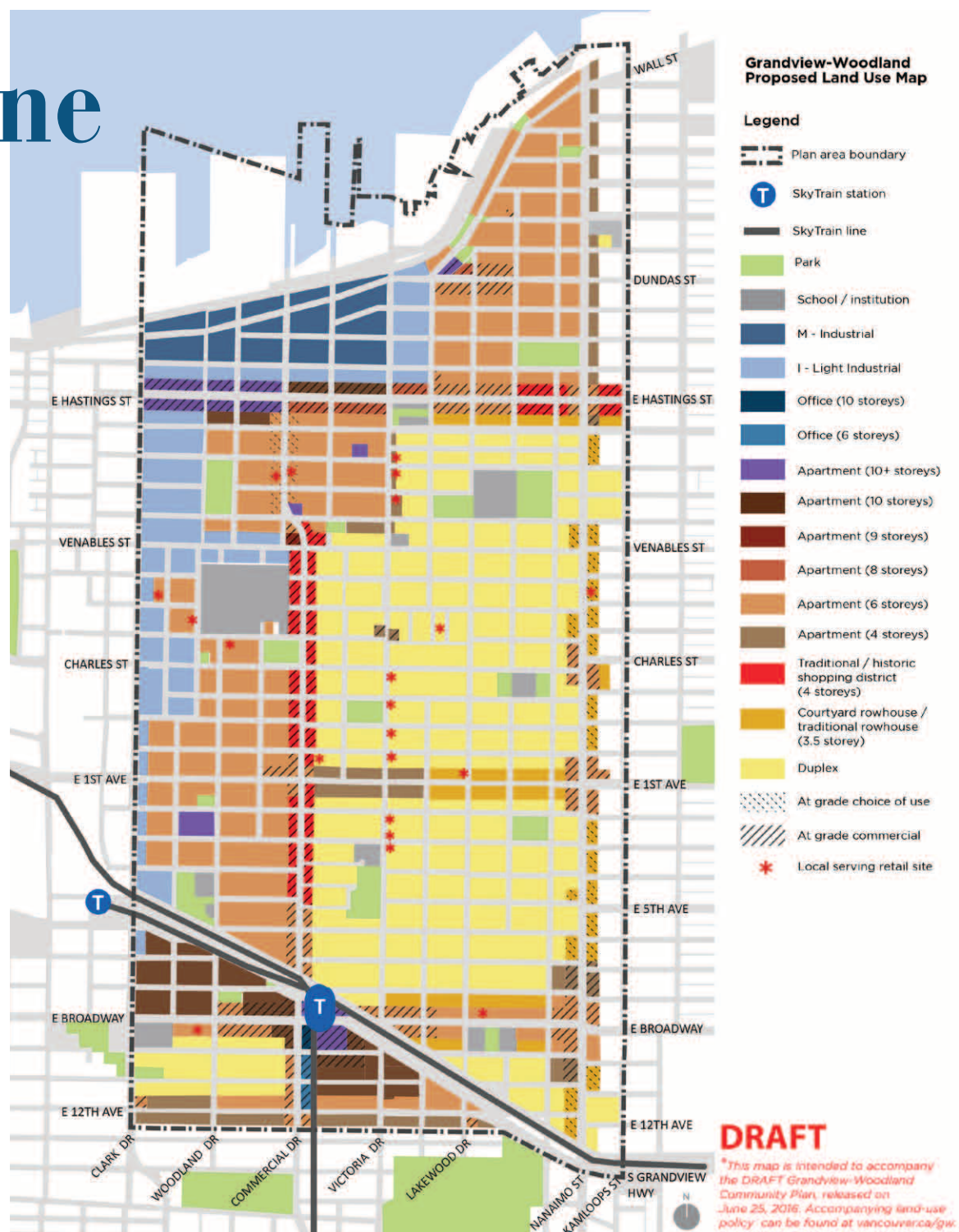
Increased zoning often inflates land values, making the housing crisis worse

Generally, land values are a big part of Vancouver's crazy real estate that causes unaffordability in both existing and new development. By increasing zoning, it drives speculation on land values, which increases property prices, overall.

Regardless of whether or not a property is developed, the new development potential gets priced into the land. This is then part of any property sale price or becomes the expectation of an existing owner for a return on their investment. If they are not getting enough return, rental rates will be raised to make it worthwhile. Or they will demolish and build new.

New rental apartment development is often twice as expensive and a fraction of the size of existing affordable units. New houses are usually twice as expensive to buy and much larger in size.

Not to say there should never be any rezoning. But what currently exists should first be very carefully considered as well as what would be gained or lost if an area is rezoned. Since development pressure adds increased inflation, which means more expensive housing, rezoning is generally not in the public interest.



Grandview-Woodland slated for rezoning under the draft community plan is being rushed through for approval by City of Vancouver council before the end of July 2016, only four weeks after public release. Every part of the neighbourhood will be affected.

Existing rental buildings are often bought on speculation that the City will be removing its decades-long Rate of Change requirements of one-to-one replacement of rentals. If anything, in this climate, the Rate of Change policies should be expanded, not reduced. Governments often use the excuse that more zoning supply is necessary to meet anticipated growth. However, this is not the case in Vancouver.

Existing zoned capacity can already meet future population growth

Regional planners have estimated how much population growth there will be based on current and past trends. The updated Regional Growth Strategy (RGS) estimates the population of the City of Vancouver will increase by 148,000 from 2011 to 2041.

The city's consultant report from *continued p.30...*



South Australia a green leader

I've always had a soft spot for Adelaide in South Australia, a city built more on a human scale where downtown can be easily navigated on bike, foot or tram. For me, Adelaide's greatest attraction is a huge market right in the city's centre.

When I first visited Adelaide in 1993, I met Mike Rann, a young, charismatic aboriginal affairs minister in South Australia's Labor government. His party lost the election that year, but Rann later became party leader and then state premier in a minority government in 2002. I met him again in 2003 when he outlined ambitious plans to address climate change by aggressively moving South Australia into renewable energy. Wind and solar were the obvious opportunities, but he was also enthusiastic about "hot rocks," superheated pockets that could create steam to drive turbines for electricity.

Rann proudly introduced me to the Youth Conservation Corps. Young people in this program are trained to restore land overgrazed by sheep or cattle, plant trees and make wildlife inventories. Rann surprised me by dedicating 45 hectares of reforestation land as Suzuki Forest.

Few jurisdictions have committed to solar as aggressively and successfully as South Australia.

I met young people working on "my" forest who enthusiastically told me about the number and variety of birds they'd seen that day, described plant species and talked about how many trees they had planted. Many were street kids, inspired by the chance to learn about nature and conservation and proud to be re-greening the area.


I kept in touch with Mike Rann over the years. He was re-elected with majority governments in 2006 and 2010, then resigned in 2011. Last March, I returned as a guest of WOMAdelaide. Although Rann was in Italy where he is now Australia's ambassador, his wife Sasha welcomed me back.

In Adelaide, I met Ian Hunter, South Australia's environment minister, who boasted of his state's tremendous progress in renewable energy. South Australia gets 40 percent of its electricity from solar and wind and hopes to reach 50 to 60 percent within a few years. The area is blessed with abundant sunlight, but few jurisdictions have committed to solar as aggressively and successfully as South Australia. From my hotel room, I looked down on a factory roof covered in rows of solar panels, which are now mounted on one of every four houses.

I also returned to Suzuki Forest. I was delighted and amazed at the variety and size of plants and trees and the birds that now flourish among them. Perhaps my forest has been protected by neighbouring Schwarzenegger Forest!

Despite the impressive work in South Australia, most of the country is caught between the terrible reality of climate change – droughts, massive fires and dying reefs – and continued pressure to serve the economy by relying on fossil fuels, including recently approving the world's largest coal mine.

Australia's centre-right Liberal government under Prime Minister Tony Abbott gutted the previous government's actions on climate change... Fortunately, the public started funding Flannery's work and the commission was reborn as the independent Climate Council. Abbott was booted by his own party after a short reign.

Nevertheless, the country – like much of the world – is in the throes of deciding whether to act seriously to reduce the threat of climate change. South Australia shows that many opportunities exist to do so. 

Excerpted from the original article. **David Suzuki** is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Learn more at www.davidsuzuki.org



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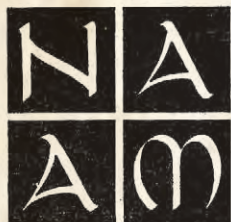
The consumer who patronizes a C.H.F.A. member is ensuring their right to have access to wholesome products.

Watch for C.H.F.A. annual

convention to be held in Vancouver in June 1983.

For further information write: **The Canadian Health Food Association** 208-1956 West Broadway, Vancouver, V6J 1Z2, or phone **(604) 734-5268.**

T.H.E



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The Greenpeace Foundation, 2623 West 4th Avenue Vancouver, B.C. V6K 1P8 736-0321.

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THE WEST COAST ENVIRONMENTAL LAW RESEARCH FOUNDATION conducts workshops on environmental law and has published the following books:

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She graduate from Anhui College of Traditional Chinese Medicine in 1985. She has been working in the field of TCM since then. Please call to book your appointment.

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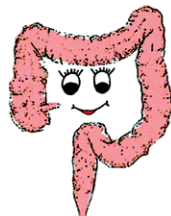
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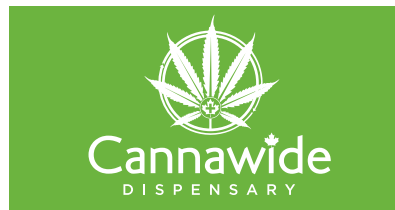
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– Edwin Hubbell Chapin

A lifetime isn't long enough for the beauty of this world and the responsibilities of your life. Scatter your flowers over the graves, and walk away. Be good-natured and untidy in your exuberance. In the glare of your mind, be modest.
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Renowned male Welsh choir visits Canada

by Alan Sanderson

Over the Labour Day weekend (September 1-4) the multi-award-winning male choir, Côr Meibion Colwyn from North Wales, will be the featured choir at the North American Festival of Wales, held in Calgary this year.

Music director Tudur Eames conducts Colwyn in the Saturday Concert and also the Cymanfa Ganu (congregational hymn singing). Both events will have audiences of around 700. Eames will also take the much smaller Ysgol Gân (singing school).

The choir has consistently placed first,



Côr Meibion Colwyn pictured at a concert at Conwy Castle on the north coast of Wales.

second, or third in many international competitions and has toured extensively in Britain and elsewhere in Europe. They are four-time winners at the Welsh National Eisteddfod, and in 2015 won third place in the Llangollen International Musical Eisteddfod, one of the largest festivals in the world. It attracts competitors from 70-100 different countries every year. They have also raised over

£150,000 for different charities.

Last October, Orpheus had the privilege of performing with Colwyn in Llandudno as part of their seven-concert tour of Wales. Naturally, they are delighted to be able to return the favour.

If you are in Vancouver or Salmon Arm at the end of August, be sure to take in the concert there. I guarantee you won't be disappointed. **K**

Hear the choir in Vancouver, Salmon Arm and Calgary

Vancouver - Ryerson United Church
Sunday, Aug. 28, 7pm: the choir performs a joint concert with Vancouver Orpheus Male Choir.

Salmon Arm - First United Church
Monday August 29, 7:30pm: The choir performs on their way to Calgary. This concert is organized by Arwyn Gittens and Lawrence Williams, the Shuswap Welsh Club and a number of other local charities and business organizations. Colwyn completed a new CD in June 2016, which they will be selling on their tour in Canada.

Calgary
September 1-4: The choir performs in at the North American Festival of Wales.

Concert details & tickets

Vancouver
www.vancouverorpheus.org
604-515-5686

Salmon Arm
250-832-4415 or 250-832-8547

Events

For rates & placements email
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JUL 17

"Attaining Lasting Happiness" Free Workshop in RICHMOND – Theory & Practice of JYOTI (Inner Light) MEDITATION, 2-4 PM at the Science of Spirituality Meditation & Ecology Centre, 11011 Shell Rd. TO REGISTER call Linda: 604-985-5840. Drop-ins welcome.

JUL 19

"Attaining Lasting Happiness" Free Workshop in VANCOUVER – Theory & Practice of JYOTI (Inner Light) MEDITATION. 6-7 PM, Pacific Institute of Reflexology, 535 West 10th Ave, Conference Room. Free Parking in Van City parking lot. TO REGISTER call Linda: 604-985-5840. Drop-ins welcome.

JUL 19

Author Talk & Signing with financial therapist Bari Tessler (The Art of Money: A Life-Changing Guide to Financial Happiness). Free at Banyen Books, 3608 West 4th Ave., 6:30-8PM. www.banyen.com/events/tessler

JUL 22-24

"Approaches to Individual Transformation: Buddhism, Krishnamurti and 'A Course in Miracles' with Dr. Ted Kneupper. At the Krishnamurti Educational Centre of Canada (near Victoria BC). Info/registration: 250-744-3354, www.krishnamurti-canada.ca

JUL 24, SEP 18

Krishnamurti Vancouver Group @ Vancouver Public Library, Board Breakout Room, 350 W. Georgia St. 1-5PM. Free video showing & dialogue! www.meetup.com/Krishnamurti-Vancouver-Group

JUL 25

Deeper Spiritual Levels of the Heart Centre, 7-9PM with Ron Chapman @ Pacific Institute of Reflexology, 535 W. 10th Ave., 604-200-6902.

JUL 27

Free Meditation & Discussion with Orgyen Chowang Rinpoche, author of Our Pristine Mind: A Practical Guide to Unconditional Happiness, 6:30PM, Banyen Books, 3608 W. 4th Ave., Vancouver.

JUL 30-31

Tao Calligraphy – A unique & powerful path to self-healing & self-discovery. 10AM-5PM, Park Inn & Suites, 898 West Broadway, 778-379-9920, SoulMindBodyHealingCenter.com

AUG 3

Clearmind presents REAL: The Power of Authentic Connection with Duane & Catherine O'Kane. NEW LOCATION: H.R. MacMillan Space Centre, 1100 Chestnut St., Vancouver. 7:30PM sharp. Free entry with display ad on this page. www.clearmind.com

AUG 5-7

Advanced Reflexology Professional Skills Certificate Course. A 60-hour certificate course, home study and practicum. Prerequisite: Basic Reflexology Course. \$395 + GST. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

AUG 10, 11

Free Shamanic Power Initiations & Open Houses hosted online & onsite by the Institute of Shamanic Medicine. ONSITE VANCOUVER: Wed Aug 10, 7:30PM. ONLINE: Thurs Aug 11, 7PM. RSVP by email to info@shamanicmedicine.ca Program/Retreats info at www.shamanicmedicine.ca

AUG 13

Vertical Reflexology (VRT) one-day "Fast Track" basic course with Lynne Booth. \$195 plus GST. Repeat students \$100 plus GST. 9:30-5PM, Inner Evolution Centre, 3263 Heather Street @ W. 16th. To register, call (604) 875-8818. www.pacificreflexology.com

AUG 13-14

Reiki 1 Workshop on the beautiful Sunshine Coast at Enersource Healing. 9AM-2PM Sat. & Sun. \$200. Info: (604) 883-9580, www.enersourcehealing.com

AUG 14

"Respect for All Life" Free Workshop in RICHMOND – Theory & Practice of JYOTI (Inner Light) MEDITATION. 2-4 PM, Science of Spirituality Meditation & Ecology Centre, 11011 Shell Rd. TO REGISTER call Linda: 604-985-5840. Drop-ins welcome.

AUG 16

"Respect for All Life" Free Workshop in VANCOUVER – Theory & Practice of JYOTI (Inner Light) MEDITATION. 6-7 PM, Pacific Institute of Reflexology, 535 West 10th Ave, Conference Room. Free Parking in Van City parking lot. TO REGISTER call Linda: 604-985-5840. Drop-ins welcome.

AUG 21

8th Tsleil-Waututh Cultural Arts Festival: 12-7PM, Cates Park North Vancouver. Chief Dan George Stage features Crystal Shawanda, Children of Takaya, Coast Salish dancers & live music. Food, paddling, demonstrations, artisans & more. Info at: twnation.ca, 604-929-3454.

AUG 27-28

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SEP 2 & 3

Live in Concert: Songs of the Soul – The Music of Sri Chinmoy. Sep 2: 7:30PM, Granville Island Stage, Vancouver. Reservation needed. Call for

voucher: 604-704-2720. Sep 3: Free. Reservation required. Call or text: 778-678-2070. 7PM, The Dave Dunnet Community Theatre, Victoria. www.songsofthesoul.com

SEP 8

Gangaji: Open Meeting 7:30PM \$20 at the door. Coast Victoria Harbourside Hotel, 146 Kingston Street, Victoria. www.gangaji.org/events

SEP 10-11

Gangaji: Weekend of Inquiry & benefit concert Sat 7:30PM with Amitabhan. Coast Victoria Harbourside Hotel, 146 Kingston Street, Victoria. Register @ www.gangaji.org/events

SEP 25-OCT 1

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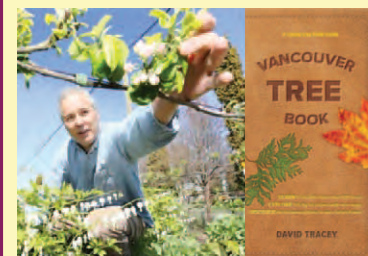
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...**Drug Bust** from p.10

you have to start taking a drug for the rest of your life?

Here's how this maps out: If you take 100 asymptomatic older people (i.e. those who don't have any pain or other symptoms related to their bones) and then x-ray all their spines, depending on what criteria you use, either three or 90 of them will be defined as having a "fracture."

Osteoporosis guidelines – written mostly by experts with ties to osteoporosis drug makers – basically assert that if you discover one fracture, the goal becomes to avoid a second one (what they call 'secondary prevention'). So if you x-ray Grandma's spine – she had no idea she had these age-related vertebral fractures – you're likely to make her worry and you start feeding her osteoporosis drugs. The guideline says, "A vertebral compression fracture signals a patient at high risk of subsequent fractures who should be managed appropriately. Vertebral fractures have debilitating consequences and even increase the risk of death."

Since Grandma is old, she's already at an 'increased' risk of death so labelling her as having a 'high risk' of a future fracture is just a label to get her to start swallowing more drugs. What makes this such a scam is that the bone-targeting drugs she'll get prescribed won't do anything to make her feel better or live any longer. This is so wasteful and so wrong on so many levels.

Among those riding a wave of rebellion against osteoporosis guidelines are a group of orthopedic surgeons in Helsinki who believe it's time take a stand against crazy guidelines, and they want to start a conversation in the medical community. Since the definition of 'vertebral fracture' is being exploited, they say family doctors should stand tall and *#show some spine* on how vertebral fractures are defined. Not only do they want guideline writers to stop recommending stupid things based on shaky definitions, they want doctors to talk to their patients about so-called under-recognized, undiagnosed and untreated "vertebral fractures."

Drug industry-sponsored guidelines and the doctors paid to write them should be exposed and challenged. And while waiting for the revolution, there is one thing you can do: as a potential 'patient,' you, dear reader, need to do your part and not so easily accept a new disease label. If you're already healthy, a new disease label is unlikely to make you healthier.

These conversations seem long overdue. If our doctors are coming at us with new disease labels and the drugs that go with them, we should all hit the 'pause' button. We all need to have 'the talk' when it comes to how biased and unhelpful guidelines can be so we can avoid becoming a new patient. ◀

Alan Cassels is a drug policy researcher in Victoria and the author of the new book called **The Cochrane Collaboration: Medicine's Best Kept Secret**.



...**Rush to Zone** from p.20

June 2014 confirmed, "The City has sufficient capacity in existing zoning and approved community plans to accommodate over 20 years of supply at the recent pace of residential development."

Emphasis is on the "over" 20 years. The estimate includes only a small portion of the zoned capacity, mostly concentrating on either recent multifamily zoning, or an estimated percentage that is likely to be built out. They are projecting the existing record pace of development will continue into the future. The report was intended to show that supply was not restricted by city policies. And it certainly has not been.



Generally, land values are a big part of Vancouver's crazy real estate that causes unaffordability in both existing and new development. By increasing zoning, it increases speculation on land values, which increases property prices, overall.

The report did not consider that all "single family" lots can have three units – or the capacity in RT duplex/infill zones. We also have to add the further substantial rezoning that has taken place since the report was completed in June 2014, two years ago. The full-zoned capacity is, therefore, much bigger than the amount included by the consultants.

So if there is already so much zoned capacity, why rezone more affordable neighbourhoods like Grandview-Woodland (the Drive)? This is a good question, especially when the Drive already has so many existing affordable rentals, co-ops, social housing units and multi-suited heritage houses.

The proposed draft community plan for Grandview needlessly puts existing affordability at risk

The proposed plan was only released publicly four weeks before it was scheduled to go to council for approval before the end of July. The plan draft is 250 pages plus many other reference documents that would be a challenge even for a trained professional to review.

The plan proposes increasing most of the apartment zones, currently 3.5 storeys, up to six storeys – Hastings St. increases range from 10-18 storeys (Clark to Commercial) and 4-10 storeys (Commercial to Nanaimo). Increases around Broadway are 10-24 storeys. Every area in the neighbourhood would be affected.

At the community-packed Grandview-Woodland Area Council (GWAC) meeting on July 11, many concerns were raised. Long-term renters were in tears over the potential redevelopment of their homes. Shane Simpson, MLA, said clearly there needed to be a delay in passing the plan until into the fall, perhaps to November. Others pointed out that any delay needed to ensure that further community input was reflected in a revised community supported plan. Adriane Carr, the lone city councillor who attended, said it may be possible to delay if the community requests that. Here's hoping the city listens.

The priorities should be incentives for retention and adaptive reuse of existing heritage and character buildings. As heritage advocate Michael Kluckner says, "You don't build affordable housing, you retain it." This is an important principle that should be applied across the city.

And be warned, the city is working on their cookie-cutter zonings to continue carving up the rest of Vancouver, including Kitsilano and the Westside next. ◀

Elizabeth Murphy is a private sector project manager and was formerly a Property Development Officer for the City of Vancouver's Housing & Properties Department and for BC Housing. info@elizabethmurphy.ca

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LETTERS

May 9, 1983

Dear Friend,

In a Mexican jungle camp 800 metres from the Guatemalan border, I saw 5,000 people subsisting on a diet of leaves. Two or three children are lost every day to whooping cough, dysentery and tuberculosis.

A further eight hours walk up river, in the Chajul camp, things are a bit better. There they have enough corn flour to provide a daily ration of three tortillas per person. But the shelves of the medical dispensary were empty until Nancy White and I brought suitcases of medicines from OXFAM-Canada.

Nancy and I have just returned from visiting refugee camps in Mexico and development projects in Nicaragua. We went for OXFAM-Canada to see for ourselves what's happening in Central America, and to share our experiences with you and other Canadians.

People sing here. They dance to the music of a marimba carried for nine nights as they fled from their Guatemalan village south of the border. **Even this terrible hardship can't kill their spirit.**

We talked to people and listened to their stories. We felt the pain of a father cuddling his emaciated infant. But we also felt hope for the future, so strong in these people. This hope survives even the horrors of Guatemala where mass murder of whole villages is now commonplace.

Meanwhile, in the city of Estili in Nicaragua, new housing blossoms in the bombed out ruins. The whole country is vibrant with hope. There is so much to be done. Everywhere you feel a tremendous energy and enthusiasm to get on with the job. There are schools where there never were any polio vaccinations for people who never had health care; and the continuing success of their amazing

literacy crusade — thousands of school kids mobilized for an assault on ignorance!

The people of Nicaragua have a wonderful vision. Their passionate hopes for the future have burst into a **revolution of learning, of social reform, of poetry and theatre.** This revolution walks a perilous tightrope between the chaos inherited from the former regime of Anastasio Somoza and the clear attempts by the United States to destabilize the new peoples government.

Short of foreign exchange, unable to get spare parts for U.S. made vehicles and machinery, and faced with frequent attacks by American backed invasions from Honduras, the people of Nicaragua need all the support they can get for their new society.

OXFAM-Canada gives vital support where it can make the most change. I've visited OXFAM funded health clinics and work cooperatives in

continued... Page 35



Bruce Cockburn speaking at Isadora's Restaurant in May.



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